

Map Legend					
	Visitor Center		Campground		Paved Roads
	Ranger Station		Lodging		Unpaved Roads
	Trails		Trail Destination		

Destination	One Way Mileage & Elevation	Trailhead
54 Akokala Lake	5.8 mi. - gains 800 ft.	Bowman Lake Ranger Station
55 Bowman Lake Head	7.1 mi. - rolling hills	Bowman Lake Ranger Station
56 Covey Meadow	1.5 mi. - rolling hills	Polebridge Ranger Station
57 Goat Haunt Overlook	1.0 mi. - gains 800 ft.	Goat Haunt Ranger Station
58 Hidden Meadow	1.2 mi. - gains 250 ft.	3 miles south of Polebridge Ranger Station
59 Kintla Lake Head	6.6 mi. - rolling hills	.25 miles west of Kintla Lake Campground
60 Kootenai Lakes	2.5 mi. - gains 200 ft.	Goat Haunt Ranger Station
61 Lake Francis	6.2 mi. - gains 1050 ft.	Goat Haunt Ranger Station

Destination	One Way Mileage & Elevation	Trailhead
62 Lake Janet	3.3 mi. - gains 750 ft.	Goat Haunt Ranger Station
63 Logging Lake	4.5 mi. - gains 400 ft.	Just north of the Logging Creek Ranger Station
64 Lower Quartz Lake	(a) 3.0 mi. - gains 1200 ft. then descends 1000 ft. (b) 6.9 mi. - gains 500 ft	Bowman Lake Picnic Area
65 Numa Lookout	5.6 mi. - gains 2930 ft.	Bowman Lake Ranger Station
66 Quartz Lake	6.0 mi. - gains 1800 ft. then descends 1600 ft.	Bowman Lake Picnic Area
67 Rainbow Falls	1.0 mi. - gains 30 ft.	Goat Haunt Ranger Station
68 Waterton Townsite	8.5 mi. - gains 200 ft.	Goat Haunt Ranger Station

### Leave No Trace

Challenge, adventure, a sense of discovery, and solitude can be part of your backcountry experience. But in order to ensure that Glacier's backcountry remains unimpaired for future generations, visitors must be motivated by an ethic that compels responsibility toward the resource. It is the task of every backcountry visitor to learn and practice Leave No Trace skills and ethics.

Leave No Trace outdoor skills and ethics is a national program promoting responsible outdoor recreation and stewardship of our public lands. The National Park Service is a partner in this program, along with other federal land management agencies.

#### The 7 Principles of Leave No Trace

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Leave What You Find
4. Properly Dispose of Waste
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

This copyrighted information has been reprinted with permission from the Leave No Trace Center for Outdoor Ethics. For more information or materials, please visit [www.LNT.org](http://www.LNT.org) or call 303.442.8222.

### Trip Planning Information

Hiking books and maps are an excellent way of preparing for your trip. The Glacier National Park Conservancy is a nonprofit organization working with the National Park Service to assist Glacier's educational and interpretive activities, cultural programs, and special projects. They stock a number of publications that are excellent pre-planning guides.

Contact the Conservancy at:  
Glacier National Park Conservancy  
PO Box 2749  
Columbia Falls, MT 59912

406-892-3250  
[info@gnpconservancy.org](mailto:info@gnpconservancy.org)  
[www.glaciernationalparkconservancy.org](http://www.glaciernationalparkconservancy.org)

## Glacier

National Park Service  
U.S. Department of the Interior



# Day Hikes in Glacier



Hikers preparing to board a shuttle at the Apgar Visitor Center

photo by David Restivo

## Planning a Hike

OVER HALF OF THE VISITORS TO GLACIER REPORT TAKING A HIKE. THAT'S A LOT OF HIKERS, BUT OVER 700 MILES OF trails provide many outstanding opportunities for both short hikes and extended backpacking trips. Take a few minutes to look over the maps in this guide. They highlight a large number of both short and long day hikes.

### What About Crowds?

During July and August many of the more popular trails can be crowded. Grinnell Glacier, Iceberg Lake, Granite Park Chalet, and Avalanche Lake are all beautiful destinations, but hikers on those trails will not find solitude. Consider including one or two of the more remote or lesser used trails, to experience the quiet wild character of the park. Staff at visitor centers will be happy to discuss hiking opportunities and provide suggestions.

The Trail of the Cedars, Forests and Fire, Hidden Lake, Sun Point, Running Eagle Falls, and Swiftcurrent Nature Trails encourage hikers to experience Glacier at their own pace. The Trail of the Cedars, and Running Eagle Falls are wheelchair accessible trails.

### Safety

Read the information on hiking safety and bears in the Waterton-Glacier Guide. You will increase your odds of a safe hike, decrease your disturbance to park wildlife, and lessen damage to resources. Hikers need to assume individual responsibility for hiking safely.

Use extreme caution near water. Swift, cold streams, moss-covered rocks, and slippery logs all present dangers. Avoid wading in or fording swift streams. Never walk, play, or climb on slippery rocks and logs, especially around waterfalls. People have fallen victim to these rapid, frigid streams and glacial lakes.

### Going-to-the-Sun Road Shuttle

Glacier's new Going-to-the-Sun Road Shuttle offers free transportation to many hiking destinations along the Going-to-the-Sun Road. Shuttle icons on the maps inside indicate shuttle friendly trails. Park your car at the Apgar Visitor Center, St. Mary Visitor Center, or leave it at your campground or lodge and enjoy a relaxing and car-free day in the park. The shuttles offer transportation only. For narrated bus tours in the park contact Sun Tours or Glacier Park Inc.

### Guide Service

Glacier Guides offers guided day hikes and backpacking trips into Glacier's backcountry. For more information please call: (406) 387-5555.

### Overnight Trips

Camping overnight in Glacier requires a backcountry permit. Permits may be obtained at backcountry offices in Apgar Village, the St. Mary Visitor Center, and at the Many Glacier, Two Medicine, and Polebridge ranger stations.

### Pets

Pets are not permitted on trails or in the backcountry. Pets are allowed on the McDonald Creek Bike Path that connects Apgar to West Glacier, but must be under physical restraint at all times and on a leash no longer than 6 feet.

### What You Should Bring

Before heading out on the trail, be sure to have the following items in your daypack:

1. Plenty of water to prevent dehydration
2. Snacks or a lunch to eat on the trail
3. Sunscreen and a hat to prevent sunburn
4. Rain shell & layers of fleece for warmth
5. Mosquito and bug repellent
6. Bear spray
7. Enthusiasm and a spirit of adventure
8. A camera to capture lifetime memories



Photo by Terry Dossey

## Hiking In Bear Country

### Don't Surprise Bears!

Bears will usually move out of the way if they hear people approaching, so make noise. Most bells are not enough. Calling out and clapping hands loudly at regular intervals are better ways to make your presence known. A bear constantly surprised by quiet hikers may become habituated to close human contact and less likely to avoid people. This sets up a dangerous situation for both visitors and bears. Hiking quietly endangers you, the bear, and other hikers.

### Don't Make Assumptions!

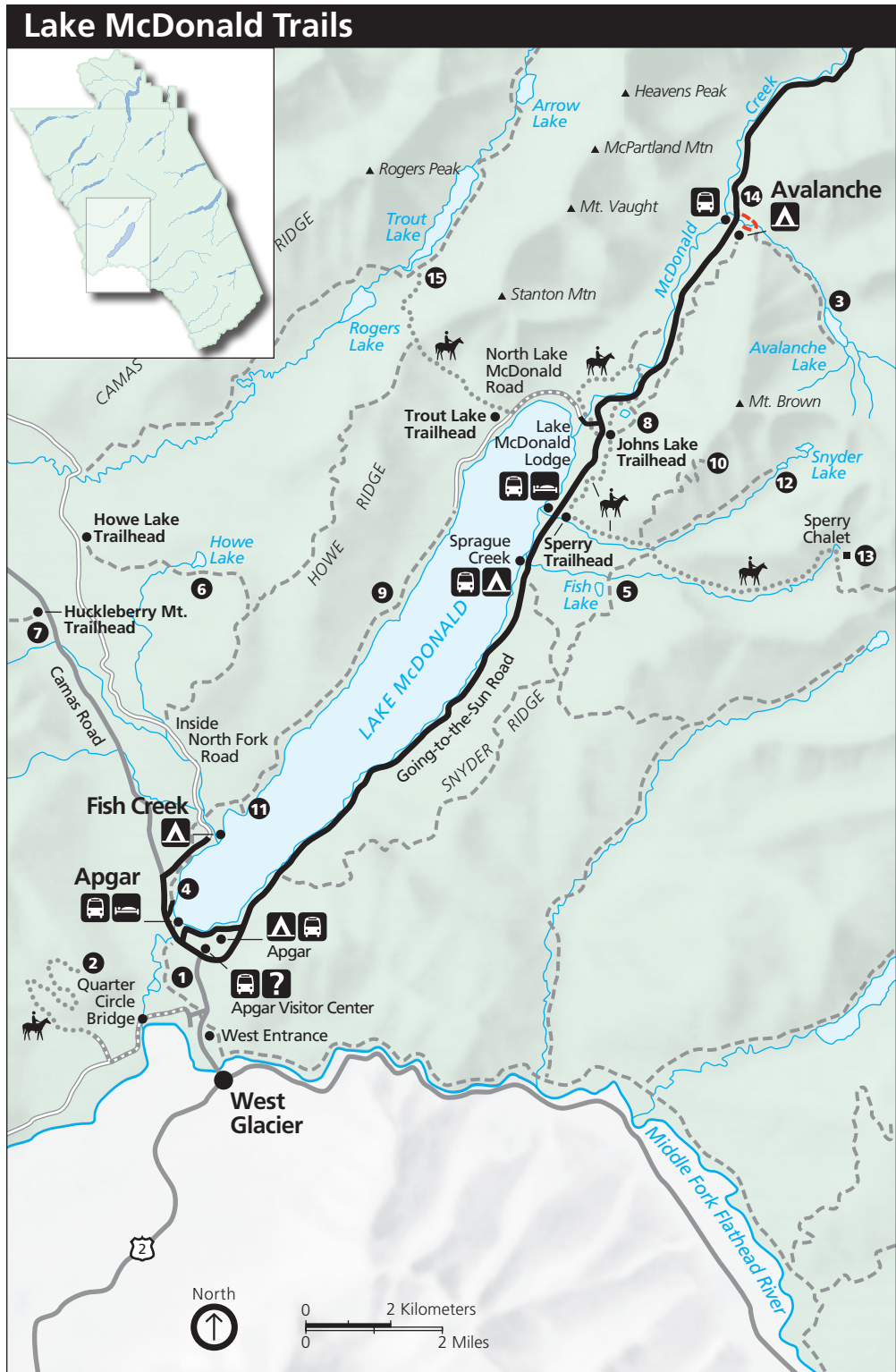
You can't predict when and where bears might be encountered along a trail. People often assume they don't have to make noise while hiking on a well-used trail. Some of the most frequently used trails in the park are surrounded by excellent bear habitat. People have been charged and injured by bears fleeing from silent hikers who unwittingly surprised them along the trail. Even if other hikers haven't seen bears along a trail section recently, don't assume that bears aren't there.

Don't assume a bear's hearing is any better than your own. Some trail conditions make it hard for bears to see, hear, or smell approaching hikers. Be particularly careful by streams, against the wind, or in dense vegetation. A blind corner or a rise in the trail also requires special attention.

### Don't Approach Bears!

Bears spend a lot of time eating, so avoid hiking in obvious feeding areas like berry patches, cow parsnip thickets, or fields of glacier lilies. Keep children close by. Hike in groups and avoid hiking early in the morning, late in the day, or after dark. Never intentionally get close to a bear. Individual bears have their own personal space requirements, which vary depending on their mood. Each will react differently and its behavior can't be predicted. All bears are potentially dangerous and should be respected equally.





**Legend**

Visitor Center	Campground	Paved Roads
Ranger Station	Lodge	Unpaved Roads

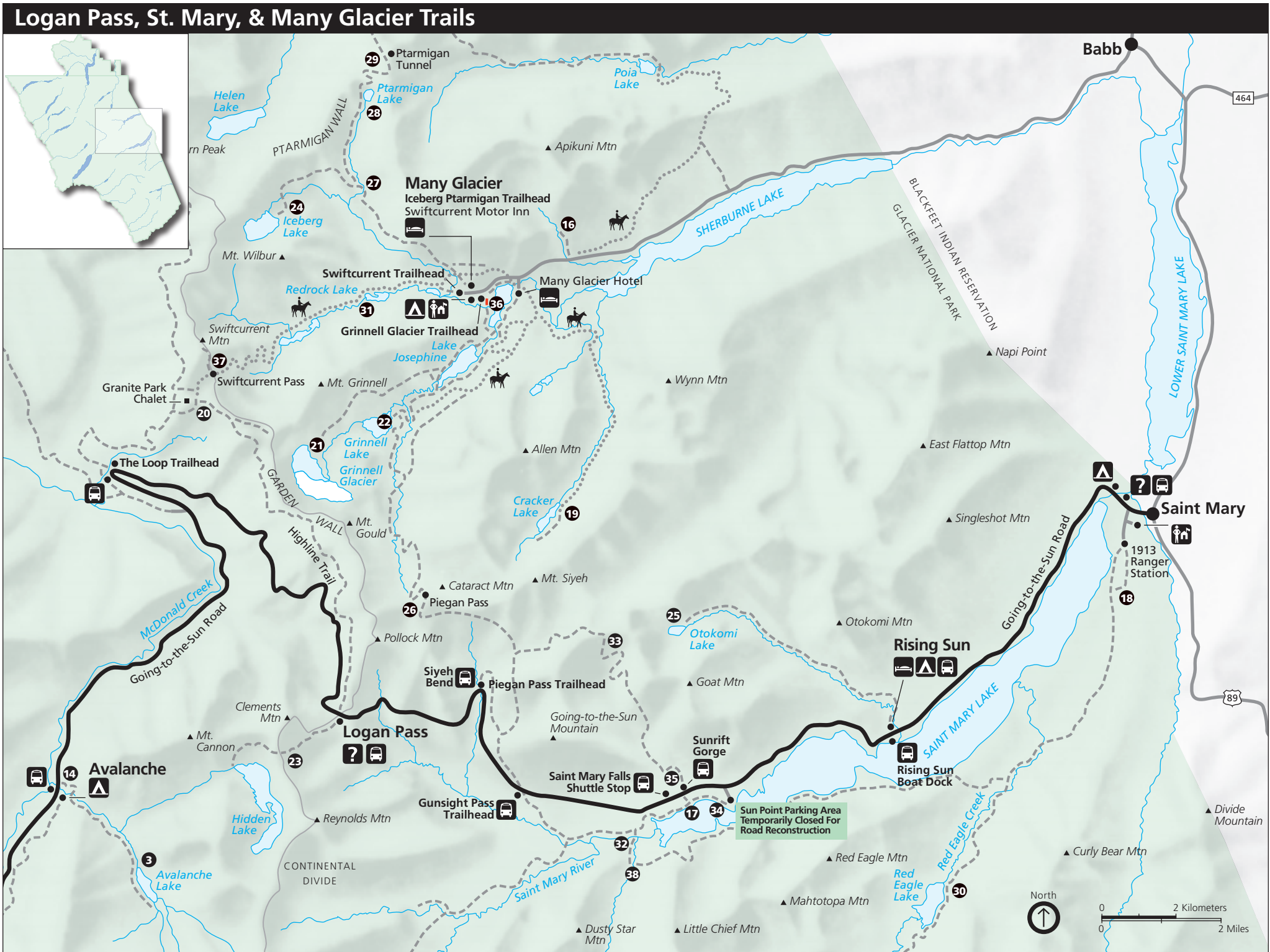
Destination	One Way Mileage & Elevation	Trailhead
1 Apgar Bike Path	1.5 mi. - mostly level	Asphalt path just south of the Apgar Permit Center
2 Apgar Lookout	3.3 mi. - gains 1850 ft.	Take the first left past the West Entrance and follow road 1.5 miles beyond Quarter Circle Bridge.
3 Avalanche Lake	2.0 mi. - gains 500 ft.	Avalanche Gorge Bridge on Trail of the Cedars
4 Fish Creek to Apgar Hiking Path	1.2 mi. - gains 25 ft.	First right past the McDonald Creek Bridge only Apgar accessible by shuttle
5 Fish Lake	2.9 mi. - gains 1000 ft.	Sperry Trailhead
6 Howe Lake	2.0 mi. - gains 240 ft.	Howe Lake Trailhead on the Inside North Fork Road
7 Huckleberry Lookout	6.0 mi. - gains 2725 ft.	Huckleberry Mt. Trailhead on the Camas Road
8 Johns Lake Loop	3.0 mi. - gains 160 ft.	Johns Lake Trailhead
9 Lake McDonald West Shore	7.0 mi. - mostly level	(1) Lakeshore at Fish Creek Campground (2) 2.8 mi. west on North Lake McDonald Road
10 Mt. Brown Lookout	5.3 mi. - gains 4325 ft.	Sperry Trailhead
11 Rocky Point	1.1 mi. - gains 85 ft.	0.2 mi. north of Fish Creek Campground
12 Snyder Lake	4.4 mi. - gains 2147 ft.	Sperry Trailhead
13 Sperry Chalet	6.4 mi. - gains 3432 ft.	Sperry Trailhead
14 Trail of the Cedars	0.7 mi. - accessible	Avalanche Picnic Area
15 Trout Lake	4.2 mi. - gains and drops 2100 ft.	Trout Lake Trailhead



Sperry Chalet



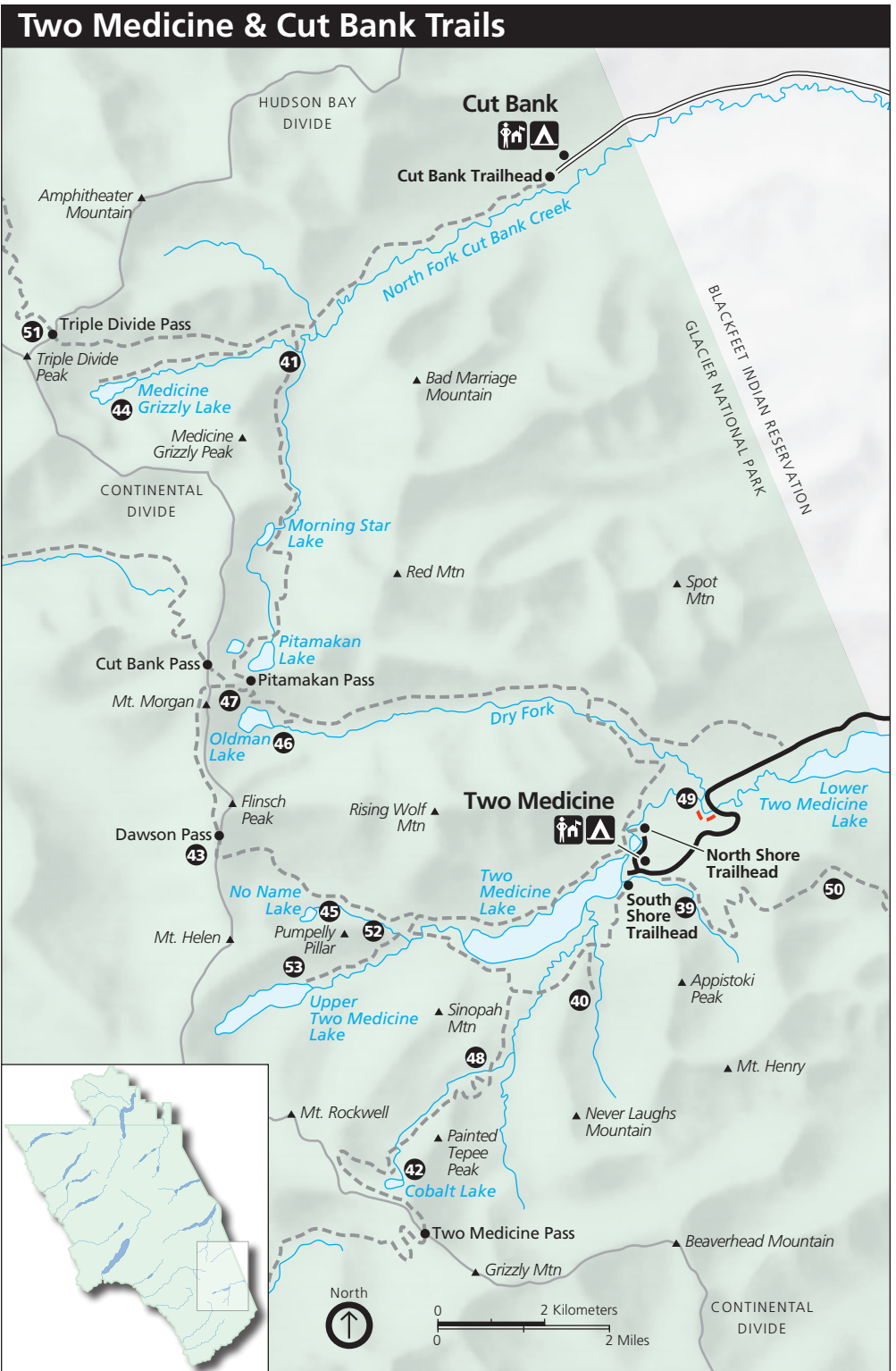
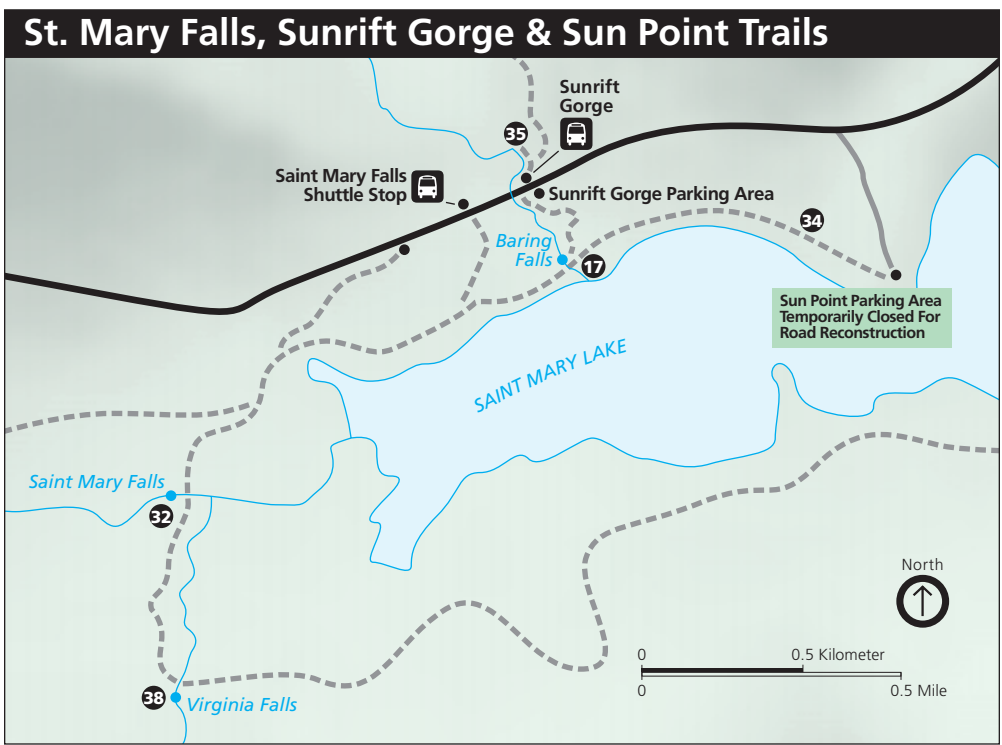
View from Apgar Mountain



**Legend**

Trails	Accessible Trails	Trail Destination
Heavy Horse Use	Shuttle Stop	

Destination	One Way Mileage & Elevation	Trailhead
16 Apikuni Falls	1.0 mi. - gains 700 ft.	1.1 mile east of Many Glacier Hotel
17 Baring Falls	0.3 mi. - drops 250 ft.	Sunrift Gorge Pullout, 10 miles west of St. Mary
18 Beaver Pond Loop	3.0 mi. - gains 150 ft.	1913 Ranger Station
19 Cracker Lake	6.1 mi. - gains 1400 ft.	South end of the Many Glacier Hotel parking lot
20 Granite Park Chalet	(a) 7.6 mi. - gains 800 ft. (b) 7.5 mi. - gains 2300 ft. (c) 4.0 mi. - gains 2200 ft.	Continental Divide sign at Logan Pass Swiftcurrent Trailhead at Many Glacier Loop Trailhead on the Going-to-the-Sun Road
21 Grinnell Glacier Viewpoint	(a) 5.5 mi. - gains 1600 ft. (b) 3.8 mi. - gains 1600 ft.	Grinnell Glacier Trailhead or Many Glacier Hotel Using concession boat from Many Glacier Hotel
22 Grinnell Lake	(a) 3.4 mi. - gains 60 ft. (b) 0.9 mi. - gains 60 ft.	Grinnell Glacier Trailhead or Many Glacier Hotel Using concession boat from Many Glacier Hotel
23 Hidden Lake Overlook*	1.5 mi. - gains 460 ft. *Additional 1.5 miles further to Hidden Lake dropping 780 ft. from the Overlook	Logan Pass Visitor Center
24 Iceberg Lake	4.8 mi. - gains 1200 ft.	Iceberg Ptarmigan Trailhead
25 Otokomi Lake	5.2 mi. - gains 1900 ft.	Next to Rising Sun Campstore
26 Piegian Pass	(a) 4.5 mi. - gains 1750 ft. (b) 8.3 mi. - gains 2640 ft.	Piegian Pass Trailhead, 15 miles west of St. Mary South end of the Many Glacier Hotel parking lot
27 Ptarmigan Falls	2.6 mi. - gains 700 ft.	Iceberg Ptarmigan Trailhead
28 Ptarmigan Lake	4.3 mi. - gains 1700 ft.	Iceberg Ptarmigan Trailhead
29 Ptarmigan Tunnel	5.2 mi. - gains 2300 ft.	Iceberg Ptarmigan Trailhead
30 Red Eagle Lake	7.6 mi. - gains 200 ft.	1913 Ranger Station parking area
31 Redrock Falls	1.8 mi. - gains 100 ft.	Swiftcurrent Trailhead
32 St. Mary Falls	(a) 0.8 mi. - drops 260 ft. (b) 1.2 mi. - drops 260 ft. (c) 1.5 mi. - mostly level	St. Mary Falls Trailhead, 10.5 miles west of St. Mary St. Mary Falls Shuttle Stop Using concession operated boat from Rising Sun
33 Siyeh Pass Area	(a) 4.7 mi. - gains 2240 ft. (b) 5.6 mi. - gains 3440 ft.	Piegian Pass Trailhead, 15 miles west of St. Mary Sunrift Gorge Pullout, 10 miles west of St. Mary



Destination	One Way Mileage & Elevation	Trailhead
39 Appistoki Falls	0.6 mi. - gains 260 ft.	.25 mi. east of Two Medicine Ranger Station
40 Aster Park	1.9 mi. - gains 670 ft.	South Shore Trailhead
41 Atlantic Falls	4.0 mi. - gains 175 ft.	Cut Bank Trailhead
42 Cobalt Lake	5.7 mi. - gains 1400 ft.	South Shore Trailhead
43 Dawson Pass*	6.7 mi. - gains 2450 ft.	North Shore Trailhead
44 Medicine Grizzly Lake	6.0 mi. - gains 540 ft.	Cut Bank Trailhead
45 No Name Lake	5.0 mi. - gains 800 ft.	North Shore Trailhead
46 Oldman Lake	5.7 mi. - gains 1500 ft.	North Shore Trailhead
47 Pitamakan Pass*	6.9 mi. - gains 2400 ft.	North Shore Trailhead
48 Rockwell Falls	3.4 mi. - gains 375 ft.	South Shore Trailhead
49 Running Eagle Falls	0.3 mi. - accessible	Running Eagle Falls Trailhead
50 Scenic Point	3.1 mi. - gains 2350 ft.	.25 mi. east of Two Medicine Ranger Station
51 Triple Divide Pass	7.2 mi. - gains 2380 ft.	Cut Bank Trailhead
52 Twin Falls	(a) 3.8 mi. - gains 75 ft. (b) 0.9 mi. - gains 75 ft.	North Shore Trailhead Using concession boat near South Shore Trailhead
53 Upper Two Medicine Lake	(a) 5.0 mi. - gains 350 ft. (b) 2.2 mi. - gains 350 ft.	North Shore Trailhead Using concession boat near South Shore Trailhead

\* Dawson Pass and Pitamakan Pass can be combined to form a 18.8 mi. loop.



Beargrass



Dawson Pass



Running Eagle Falls